



the YMCA OF THE NORTHWOODS • Friday, May 8th, 2020
HEALTHY@HOME

*Thought
for the Day*

“Keep your face to the
sunshine and you cannot
see the shadow.
– Helen Keller

Welcome to our **Healthy@Home Newsletter!**
Every issue features ways to stay active, connected- and
of course have a little fun! Get moving with our **Workout
of the Day**, open up the home laboratory for family
Science Experiments, calm your mind and body with
Stress-Busters, or giggle away at our **Joke of the Day!**

**We hope you'll tag us on social media and share what
#Healthy@Home looks like to you!**

WORKOUT OF THE DAY OR OUR Y VIRTUAL CLASS

Tabat Cardio (No Burpees!)

For this work out complete the Warm Up. Then get ready to work 4 minutes per set. You will perform exercise 1 for 20 seconds then rest for 10 seconds then perform exercise 2 for 20 seconds. Continue this 20 on 10 off until you have completed all 8 exercises in the set. Take 1 minute between sets. The more sets you do the harder it gets! To make this workout more challenging jog in place during your 10 second rest period! Enjoy!

Warm Up:

15 sec Boxer Bounce or March
15 sec Butt Kicks
15 sec High Knees or Tuck Jumps
15 sec Squat with Front Kick
15 sec Lunge with Torso Twist (alternating sides)
15 sec Walk Outs
15 sec Jumping Jacks
15 sec Front Punch
15 sec Hip Open Out
15 sec Air Jump Rope
*repeat at a higher intensity

The Workout:

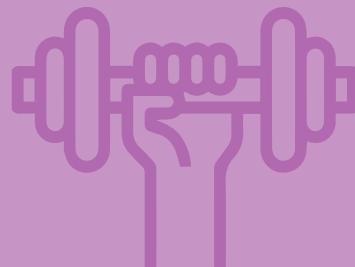
Jumping Jacks
Squat jumps
Mt. Climbers
Side Lung to Vertical Jump (alternating sides)
High Knees Tuck Jump
Plank Jacks
Speed Skaters
Jump Switch Lunge
Rounds:
Beginners 1-2
Intermediate 2-4
Advanced 4-6



LES MILLS GRIT
Cardio HIIT Blast
(12 minutes)



Cool Down:
Easy movement & stretch.



55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Aging in Place

Many older adults want to "age in place" – stay in their own homes as they get older, but may have concerns about safety, getting around, or other daily activities. A few changes could make your home easier and safer to live in and help you continue to live independently.

- Don't use area rugs and check that all carpets are fixed firmly to the floor.
- Replace handles on doors or faucets with ones that are comfortable for you to use.
- Install grab bars near toilets and in the tub or shower.
- Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.
- Place light switches at the top and bottom of stairs and remember to turn on night lights.
- Install a ramp with handrails to the front door.

[Click here to learn more about aging in place.](#)



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AQUATICS

TIP OF THE DAY



Did you know...

Michael Phelps is the most decorated Olympian of all time.

When Michael Phelps retired at the age of 31, he had collected a total of 23 golds, three silvers and two bronzes at the Olympics. Michael Phelps stands 6'4", but has a wingspan of 6'7"! He was built to be a swimmer.

FAMILY FUN & GAMES

AROUND THE HOUSE

Make Your Own Phone

Many of us completed this experiment as a kid without even realizing it was STEAM – related... Cup phones (or tin can phones for those of us in the older and wiser category).

You'll need two plastic cups, paper cups, or tin cans. You'll also need string, yarn, or dental floss. Poke a small hole in the bottom of two cups or cans, thread the string through the hole and knot the string so it doesn't come out of the hole. To use the phone, the string must be pulled taut between the two cups or cans. If the string comes out, try fastening with a paper clip. When one person whispers, the other person should hear it as vibrations are transmitted through the string. Give it a try! See how long the string can be and still allow you to hear the person on the other end of the line!



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STORY TIME WITH ABBIE

Today's story time is "The Wonky Donkey" by Craig Smith, read by Y School Age Director, Abbie Cline. Children will be in fits of laughter with this perfect read-aloud tale of an endearing donkey. By the book's final page, readers end up with a spunky hanky-panky cranky stinky-dinky lanky honky-tonky winky wonky donkey!

School Age Storytime Challenge: Look up The Wonky Donkey song and sing it with your family!



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Fizzy Pendulum Swing

Level of Difficulty: Easy

Time to Complete: 60 minutes

Questions to Ask: Can you build a pendulum and use it to create beautiful textured art? Add a fizzy chemical reaction and you're set to have some real fun! CAUTION: this fun experiment definitely gets messy! Be sure to do it outside where you can wash it away easily when you are done.

Materials: Paper or plastic cup, hole puncher, pushpin, string, scissors, 2 chairs, broom, baking soda, tape, vinegar, and food coloring.

The Steps:

1. Use a hole puncher to punch 3 equidistant holes about an inch below the rim of a cup.
2. Use a pushpin to poke a small hole in the center of the bottom of the cup.
3. Use scissors to cut 3 pieces of string about 8 inches long. Thread 1 piece through each of the holes you punched around the cup. Tie all the ends of the strings together in the center.
4. Head outside to a level piece of sidewalk or driveway. Set up the chairs about 4 feet apart with the backs facing each other.
5. Slide the broom through the backs of the chairs.
6. Cut another piece of string and attach it from the middle of the broom handle to the strings on the cup. The cup should be hanging about 12 inches off the ground.
7. Sprinkle a few cups of baking soda on the ground directly under and around the suspended cup.
8. Place a piece of tape on the outside of the cup over the hole in the bottom.
9. Fill the cup about halfway full of vinegar. Add a few drops of food coloring.
10. Pull the cup back, remove the tape from the bottom, and let it swing freely over the baking soda.
11. When the cup stops swinging, pull it back again to create a new pattern. Continue to refill it with colored vinegar until your masterpiece is complete!

Observations: What happens as the cup swings over the baking soda? What do you notice about the reaction between baking soda and vinegar?

Now Try This! Add a little bit of liquid dish soap to the colored vinegar. How does this affect the reaction between baking soda and vinegar?

The Hows and Whys: Without any friction, a pendulum will continue swinging exactly the same distance back and forth forever. However, since this simple pendulum creates lots of friction between the string and the broom handles, it slows down quickly. As it slows, the distance it swings decreases, producing really beautiful orbit-like patterns.

STRESS-BUSTERS

Hang With Your Pet.

Dog owners have been shown to be less stressed out -- most likely thanks to having a buddy to cuddle!



JOKES OF THE DAY

HA

HA HA

HA

What's a termite's favorite breakfast?...

HA

Oak-meal.

HA

HA

#stickwithyourY

“I am proud of our Y for this tremendous support that our entire community needs at this difficult time! We need the Y and the Y needs us.”

-YMCA of the Northwoods Member

At a time when most of us are feeling helpless in the face of our common health crisis, the Y is working to give you and our community a sense of shared purpose. We're asking you to **#stickwithyourY**, and maintain your membership to help support the programs and services we're launching to meet the needs of the moment.

Thank you for being a part of the Y family!



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